

## EXECUTIVE SUMMARY

This document reports selected behavioral risk factors and chronic diseases in adults in the State of Arizona for the year 2005. The Annual Survey Results portion of this report contains information on high-risk behaviors and chronic diseases that are surveyed each year. The Module Survey Results portion contains information on high-risk behaviors and chronic diseases that may or may not be surveyed each year. The State-Added Questions Survey Results portion contains information on high-risk behaviors added by request. The Behavioral Risk Factor Surveillance System (BRFSS) program is a rich source of state-level public health data; these data have become integral to health promotion, disease prevention, and intervention planning throughout Arizona.

<b>Highlights of the 2005 Behavioral Risk Factors Survey</b>		
<b>Risk Factors</b>	<b>Arizona</b>	<b>National</b>
Alcohol: Binge Drinking	14.5	14.4
Arthritis	26.1	26.9
Asthma	12.2	12.6
Cigarette Smoking (Current Smokers)	20.2	20.5
Colorectal Cancer Screening (Age 50+)	44.0	N/A
Diabetes	7.5	7.3
Folic Acid Awareness	36.7	N/A
Fruit And Vegetable Consumption (<5 a Day)	76.3	76.8
No Health Care Coverage	20.9	14.5
Obesity (BMI)	21.1	24.4

<b>Risk Indicator Trends for Arizona 2000-2005</b>					
<b>Risk Factors</b>	<b>2001</b>	<b>2002</b>	<b>2003</b>	<b>2004</b>	<b>2005</b>
Alcohol: Binge Drinking	16.8	17.0	16.6	15.5	14.5
Arthritis	23.7	27.7	26.3	26.5	26.1
Asthma	12.4	13.9	12.5	12.4	12.2
Cigarette Smoking (Current Smokers)	21.5	23.4	20.8	18.5	20.2
Colorectal Cancer Screening (Age 50+)	50.0	51.8	N/A	47.9	44.0
Diabetes	6.1	6.4	6.3	6.6	7.5
Excess Sun Exposure	N/A	N/A	32.0	35.3	N/A
Folic Acid Awareness	36.6	N/A	43.8	37.2	36.7
Fruit And Vegetable Consumption (<5 a Day)	74.5	77.3	76.9	77.9	76.3
No Health Care Coverage	16.9	16.1	16.7	17.9	20.9
Obesity (BMI)	18.5	19.6	20.1	21.2	21.1
Oral Health (Not Visited a Dentist in a Year)	36.3	31.3	N/A	33.4	N/A
Prostate Cancer Screening (Age 40+)	42.2	36.7	N/A	34.5	N/A
Routine Mammography (Age 40+)	8.3	9.8	N/A	9.8	N/A